

# LivingWell



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# Director's Corner


It was interesting to read in a recent newspaper story that a number of hospitals are developing an emergency room to serve older citizens. The story said that all patients are admitted through the regular process and if it is life-threatening, the patient is treated immediately.



Older people may not have the same symptoms as younger patients. They are less likely to cite chest pain during a heart attack, saying they feel nausea and dizziness. Some infections or medicine combinations bring about confusion that can be mistaken for dementia.

The article referenced a study published in January that called delirium and dementia an "invisible hazard" for many older patients because they cannot accurately describe symptoms or understand what they are to do at home.

The seniors-only ER's are designed to be calmer and utilize team-based care to determine the problem that brought them to the hospital. They also look for underlying problems such as depression, or frequent falls that might bring them back.

I'm buoyed by the attention this type of health care is receiving. Whether it's us in the ER or our parents or a friend, it is reassuring to know that this is a growing trend that could match the growing number of older citizens in Nebraska and the rest of the world. 

June Pederson, Director, Aging Partners

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to change your mailing address.**

## On the cover

Artist Ruth Nichols with work-in-progress, Fall, one of the Four Seasons paintings commissioned by the Bank of The Valley in David City.

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This publication's purpose is to educate and inform persons on topics, programs, issues and activities that are of concern to the mature population, their families and community organizations. Specific emphasis is on articles pertaining to the services of Aging Partners. Contents may be reproduced with credit to the magazine.

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# Hearing Loss a Common Challenge

**H**earing loss is one of the most common, chronic conditions affecting older adults, according to the National Institute on Deafness and other Communication Disorders.

“Over the last generation, the hearing loss population grew at the rate of 160 percent of U.S. population growth. However, less than 1 in 10 people with mild hearing loss use amplification, and 4 in 10 people with moderate-to-severe hearing loss use amplification for their hearing loss.” (Kochkin, 2009).

## To Treat or Not to Treat?

A 1999 survey completed by the National Council on Aging looked at the effects of non-treated and treated hearing loss on the individual with hearing loss and their significant others. People who did not seek treatment indicated an overall decrease in their quality of life, including sadness, depression, frustration and anxiety. Those who did pursue treatment reported better

family relationships, higher self-esteem and greater independence and security.

## Do You Have Hearing Loss?

There are specific signs an individual with hearing loss could experience.

- Difficulty hearing people in noisy environments, such as a restaurant or movie theater.
- People seem to “mumble” all the time.
- Family and friends often need to repeat themselves when speaking to you.
- Trouble hearing or understanding people when they are not facing you or are in another room.
- Trouble following conversations.
- You have ringing, buzzing, or hissing sounds in your ears.


If you are experiencing any one of these signs, you should schedule a hearing evaluation with an audiologist. The audiologist can explain the results and provide you with the most appropriate treatment options.

## Find the Best Treatment for You


Many treatment options are available for all types and severities of hearing loss. The most common is hearing aids. There are two considerations: the amount of hearing loss present and the lifestyle of the individual with hearing loss. By looking at these factors, the audiologist and patient can work toward choosing the most appropriate type.

However, hearing aids alone won’t “fix” the problem. It is important for individuals with hearing loss and those close to them to utilize better communication strategies, such as:

- Get the listener’s attention before speaking to them.
- Looking at the person who is talking.
- Slow down your rate of speech.
- Try to reduce background noise in the room, i.e., turn down the TV or radio, before starting the conversation.
- Speak at a normal volume or slightly louder. Just increasing the volume is not going to help the person with hearing loss understand any better.



In conclusion, hearing loss is a prevalent condition; however, many people fail to seek treatment. Even if you aren’t experiencing hearing concerns, it is a good practice to schedule a baseline evaluation by age 50 with a licensed audiologist. 

*By Dr. Kelly Wacker, Doctor of Audiology, Assistant Professor of Practice, Department of Special Education and Communication Disorders, University of Nebraska-Lincoln*



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# The Invisible Disability

**M**rs. Smith walks into a doctor's office with her daughter, Mary, for an appointment. By looking at Mrs. Smith, you wouldn't think she had any health issues. She looks healthy and very alert. When Mrs. Smith's name is called, she doesn't respond and is nudged by her daughter, letting her know her name has been called. Mrs. Smith starts to look for where the voice came from and notices a nurse smiling at her, motioning for her to follow.

## Knowing is Half the Battle

The Nebraska Commission for the Deaf and Hard of Hearing (NCDHH) is Nebraska's source for information regarding hearing loss and how it affects the daily lives of Nebraskans. In Mrs. Smith's case, NCDHH can assist in a variety of ways.

For example, the doctor's office Mrs. Smith went to may have participated in a workshop or presentation put on by NCDHH and learned about hearing loss. The doctor and nurse would have learned tips on how to communicate better with their patients. Some tips include:

- Get the person's attention first.
- Don't hide your mouth while talking.
- Be patient if the response seems slow.

## Specialized Equipment Can Help

One of the most popular programs NCDHH administers for the Public Service Commission is the Nebraska Specialized Telecommunications Equipment Program (NSTEP). Through this program, Mrs. Smith could receive a free telephone that would provide her improved access to the telephone system. She may not have spoken with her grandchildren for years, but now, with a phone that meets her needs, she can call them and understand them whenever she wants.

Mrs. Smith could also borrow an Assistive Listening Device from an NCDHH office. These devices act as amplifiers or hearing aids – without the expensive price tag – and can serve as a cost-effective means of communicating verbally without a hearing aid.

She can speak with one of NCDHH's field representatives about hearing aid financing. NCDHH works closely with the Lions and the Sertoma Clubs to distribute used, refurbished hearing aids to those who qualify.


Other specialized telecommunications equipment available includes TTY/TT's (text telephones), amplified phones, signaling devices and wireless devices.



*The Nebraska Commission for the Deaf and Hard of Hearing offers information and programs that can help you overcome your hearing difficulties and communicate with the people who matter most in your life.*

Services available include TTY to Voice, Voice to Relay user, Voice Carry-Over, Speech to Speech, Hearing Carry-Over, ASCII, Deaf-Blind, Spanish to Spanish and Spanish to English services.

## For More Information

There are many other ways NCDHH can improve the lives of all Nebraskans. To find out more about the services and information NCDHH provides, call 1-800-545-6244 (Voice/TTY) or visit [www.ncdhh.ne.gov/](http://www.ncdhh.ne.gov/) 

*By Ben Sparks, NCDHH and Steve Stovall, Nebraska Public Service Commission*

## Hearing Problems?

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# WHAT DOES HEARING LOSS SOUND LIKE?

## (WHAT DOES HEARING LOSS SOUND LIKE?)

It's difficult. When you have hearing loss, your ears may process only parts and pieces of words (toothbrush can become OO-BRU, for example)—so speech sounds garbled and strange. Having people speak louder can help, but it doesn't solve the problem.



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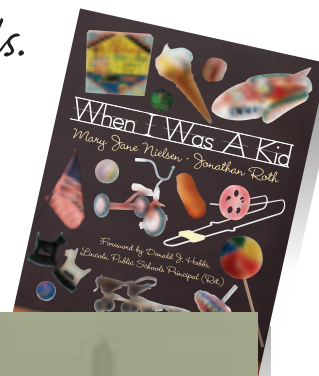
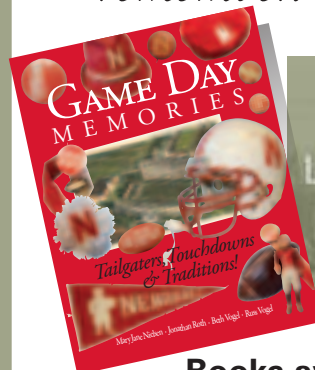
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# UPT Provides a More Complete Picture

**W**ith every swipe of a UPT card (Universal Participant Tracking card®), Aging Partners is able to better understand the needs of those who matter most – the older adults who make the senior centers the success stories they are today.

UPT data is automatically collected and uploaded to a database that allows Aging Partners to track how frequently its services are being utilized.

“Our center managers have always been in touch with what’s happening in their centers, but this provides Aging Partners with the data it needs to efficiently translate that intuition into a report it can use,” said Program Monitor Martha Hakenkamp.



*Brad Cochran swipes his UPT card at the Downtown Senior Center.*

## Safe and Secure

At each participating center, visitors will receive a UPT card bearing their names and an identification number. The cards contain no other personal information, which means a stolen card will not result in identity theft.

When visiting their center, participants are asked to swipe their card into the UPT system. They will then be prompted to select the items they’ll be doing at the center that day, such as eating a meal or enjoying an activity.

The automated system eliminates the need to manually log more than 120,000 data entries annually, allowing staff to spend more time working with clients and less time completing tedious data entry tasks.

## Better Services

Automatically tracking these activities also provides Aging Partners with a more complete picture of what is taking place at each center.

Martha said the system develops better management reports that show which activities are most popular and which centers serve which age demographic.

Within seconds, a report can identify if a large percentage of people over the age of 80 are eating at a certain center. Because statistics show that older adults often transition from group meals at centers to home-delivered meals, the report will signify the importance of the home-delivered meal program at that center.

“The system can help us project trends for our services,” she said. “It can quickly produce reports to help us make decisions.”

Though this new technology will play an important role, Martha stresses that the focus always will remain on the people at the centers.

“We will work with anyone to help them figure out how to use the machines,” she said. “We don’t ever want anyone to not come to a center because of it; our people are more important than any machine.”


Piloted at the Downtown Center in spring 2010, the UPT system was officially rolled out in Lancaster and Fillmore counties in February.

## Easy to Use

Brenda Motis, Fillmore County Senior Services Program Director, is impressed with how well participants have adjusted to the system since its Feb. 10 implementation in Geneva.

“People have been very positive and are adapting well,” she said. “They’ve really taken it and ran with it. Each day you can see they have a little more confidence.”

The system was scheduled to be implemented in Butler County in March, Polk County in April and York County in May. Health and Fitness also will utilize the system for many of its services in all eight counties. Not all centers will utilize the UPT system.

If your center uses the UPT system, but you don’t have a card, speak to your center manager about signing up for one. Your UPT card can be used at any Aging Partners center that has a touch screen or scanner. 

## New Dietary Guidelines

**T**here's no better time than now to start eating more fruits and vegetables.

Among key recommendations of the "2010 Dietary Guidelines for Americans," released Jan. 31 by the United States Departments of Agriculture and Health and Human Services, is the suggestion that Americans fill half their plates with nutrient-rich produce such as broccoli, tomatoes and beans.

"Most Americans need to trim their waistlines to reduce the risk of developing diet-related chronic disease," said Tom Vilsack, agriculture secretary. "Improving our eating habits is not only good for everyone, but also for our country."

New guidelines outlined by the federal government were developed

from scientists researching dietary links to obesity. Other important recommendations include:

- Eating smaller portion sizes.
- Switching to fat-free or low-fat (1%) milk.
- Eating less sodium, often found in processed and canned foods.
- Consuming at least half of all grains as whole grains.
- Eating a variety of protein-rich foods, including seafood, eggs and soy products.
- Choosing foods that provide more potassium, dietary fiber, calcium and vitamin D.
- Significantly reducing intake of foods containing added sugars and solid fats, as these foods provide more than one third of the daily calories consumed by many Americans.

The guidelines also provide new recommendations for people 50 years and older. These individuals should eat food containing vitamin B-12, found in many fortified cereals, or through dietary supplements. Reducing caloric intake also is key. Females 51 years and older should take in 1,600 calories a day if they lead a sedentary lifestyle; 1,800 for a moderately active lifestyle, and 2,000-2,200 calories for an active lifestyle. Males should take in 2,000-2,200 calories; 2,200-2,400 calories, or 2,400 to 2,800 calories, depending on their lifestyles.

Overweight adults ages 65 and older are encouraged to make lifestyle and diet changes to avoid gaining more weight. Weight loss can be beneficial for those especially

*Continued on page 9.*

## Spring Eats

*By Denise Boyd, RD, LMNT*

**I**t was a long and hard winter, and it really lifted my spirits to see spring foods in our grocery stores.

Strawberries, spinach and, of course, the Queen/King of vegetables – asparagus. I say Queen/King because asparagus is dioecious, meaning there are female and male plants. Female plants produce larger spears, and male plants produce smaller spears, but in greater numbers.

Asparagus is a member of the lily family of plants. The nearly leafless shoots are produced by an underground crown that takes at least three years to grow. However, when established, asparagus beds are long lived; more than 20 years

later, some abandoned farms still have neglected beds that produce.

Asparagus is also "royal" in its nutritional profile. It is an excellent source of vitamin K, the B vitamin folate, vitamin C and vitamin A. Asparagus is a very good source of numerous B vitamins – including vitamin B1, B2, B3 and B6 – as well as dietary fiber, manganese, copper, phosphorus, potassium and protein. It's low in calories – a plain ½ cup serving has only 13 calories.

Asparagus stalks should be rounded, and neither fat nor twisted. Look for firm, thin stems with deep green or purplish closed tips. The cut ends should not be too woody, although a little woodiness

at the base prevents the stalk from drying out.

For best flavor, use asparagus within a day or two after purchase. Wrap the ends in a damp paper towel and place it in the back of the refrigerator, away from any light, as folate is destroyed by exposure to air, heat or light.

Asparagus can be eaten raw, hot, cold or even pickled. These days, I'm really loving the roasted kind. It's quick and tasty. Add asparagus to your next meal and you'll know it's spring! 







# Soy Foods Month: Bean There, Done That?

By Denise Boyd, RD, LMNT

**N**ew USDA Dietary Guidelines advise incorporating a variety of protein foods into your diet, including “beans, peas and soy products.”

That is a bit redundant, as soy products *are* bean products. Soybeans are the No. 2 farm crop in Nebraska. But did you know the majority of the crop is used as animal feed?

Originating in China more than 13,000 years ago, soybeans were introduced into Japan in the 8th century and, much later, into such other regions of Asia, such as Thailand, Malaysia, Korea and Vietnam.

Soybeans first appeared in the United States in the 1700’s, planted by an American who brought them back from China. American farmers began planting soybeans in the 19th century; yet, it was not until the early 20th century, when nutrition pioneers such as George Washington Carver and John Harvey Kellogg, began discovering and promoting the health benefits of soybeans. Since then, interest in the nutritional benefits of soybeans has steadily increased.

Soyfoods are good sources of high quality protein. The soybean is the only legume that provides a complete protein with all nine essential amino acids or building blocks. Our bodies use the soy protein just like the complete proteins found in dairy and meat products. The benefit of soy is less saturated fat, no cholesterol and a good amount of fiber. Other nutrients found in soyfoods include iron, calcium, vitamin B-12, magnesium and zinc.

In 1995, clinical data found soy protein reduced lowdensity-lipoprotein (LDL) cholesterol by approximately 12 percent. These results prompted further investigation into the cholesterol-lowering effects of soy protein.


In 1999, the U.S. Food Drug Administration (FDA) approved a health claim for soy protein and coronary heart disease based on its cholesterol-lowering effects. In total, more than 100 clinical trials have been completed. They all confirm soy protein can have a lowering effect on LDL.

The recommended level of soy protein in the FDA-approved health claim is 25 grams a day. Where does one find those grams?

## Heart Healthy Sources of Soy Protein

Grams of Soyfood	Serving size	Soy protein
Fortified soymilk	1 cup	6-7
Soy cereal	1 ¼ cup	7
Soy yogurt, vanilla	1 cup	6
Soy breakfast patty	2 patties	11
Soy bar	1 bar	14
Soy chips	1 bag	7
Soy nut butter	2 Tbsp	7
Soy nuts, roast, no salt	¼ cup	11
Tofu	½ cup	10
Edamame	½ cup	11
Soy burger	1 patty	13-14
Soy pasta	½ cup, cooked	13
Soy pudding	½ cup	6

Most of these foods can be found on grocery store shelves or in the freezer case. I have seen the soy nuts in my store, in the health food stores and even at our Farmers Market.

The heart-healthy serving of soy nuts is small and easily can be added to most meal plans. Tried edamame? These are immature soy beans harvested in the pod and then processed and frozen like most vegetables. 


## New Dietary Guidelines *continued...*

at risk for cardiovascular disease. However, older adults should perform physical activity relative to their fitness ability and understand how chronic conditions such as cardiovascular disease affect their ability to safely perform activities.

Older adults should consider activities that improve balance and reduce their risk of falling.

Dietary changes help individuals build healthy eating patterns — the surest way to combat chronic health conditions and improve quality of

life, said Kathleen Sebelius, HHS secretary.

“The new dietary guidelines provide concrete steps to help people live healthier, more physically active and longer lives,” she said. 

# Aging Partners News and Events

## Start Electronically Receiving Your Copy of Living Well Magazine Today!

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## Health and Wellness

### Aging Partners Health & Fitness Center

Monday through Friday  
8 a.m. - 4 p.m.

233 S. 10th St., Suite 101

A certified personal trainer is available on Tuesdays and Thursdays from 9 a.m. - 2 p.m., or by appointment. \$10 suggested monthly donation for 60+; \$15 for 60 and under.

### Senior Health Promotion Center

Free services available to people 60 years and older include comprehensive foot care, ear care, blood pressure and blood glucose checks, Sahara Bone Density screenings and health education.

The clinic is open on the lower level of the Downtown Center on most Tuesdays and Thursdays. Call 402-441-7575 for information. Contributions accepted.

### Free Nutrition Consultations

Do you have questions about how to adjust your diet for sodium, saturated fat, calories, carbohydrates, whole grains, omega-3 fatty acids or fiber? Free nutrition consultations are offered by our registered dietitian Tuesdays 1 p.m. - 4 p.m. and Thursdays 9 a.m. - 12 p.m. at 233 S. 10th St., Suite 101. Call for an appointment at 402-441-7575.

### Senior Yoga

Lake Street Center  
2400 S. 11th St.

10:30 a.m. - 11:30 a.m.

Tuesdays, April 5, 12, 19, 26 and May 3, 10

Certified senior yoga instructor Vicki Pursley leads this class to improve your posture, balance, functional strength and range of motion for the joints. \$24 for the 6 week session/\$5 drop in fee.

### Free Yoga and Stress Management

233 S. 10th St., Suite 101

Wednesdays, 10 a.m. - 11 a.m.

Certified instructor Katy Ramos teaches this gentle class, designed for caregivers and others looking for ways to manage stress in their lives.

### Tai Chi for Strength and Balance

Auld Pavilion, 3140 Sumner  
(in Antelope Park)

April 1 - May 20

Fridays, 9 a.m. - 10 a.m.

Tracie Foreman teaches gentle, easy movements that enhance core strength, balance and flexibility. \$16 for session/\$2 drop-in fee.

### Stretch and Tone

North Gate Garden Estates  
2425 Folkways Blvd.

March 1 - April 21

Tuesdays and Thursdays

9:30 a.m. - 10:15 a.m.

Exercises in this class focus on increasing flexibility and strength and improving balance to avoid injury. Most exercises are conducted with participants seated or standing near a chair. \$28 for eight-week session.

### Saunders County Health Fair

Thurs., April 7, 8 a.m. - 1:30 p.m.

Wahoo Civic Center

Free health screenings available.

### Living a Healthy Life with Chronic Conditions

- April 11 - May 16  
Mondays, 1 p.m. - 3 p.m.  
Heartland Park Senior Living Community  
500 Heartland Park Drive, Seward
- May 17 - June 21  
Tuesdays, 9:30 a.m. - 11:30 a.m.  
Wahoo Senior Center  
235 East 4th Street, Wahoo  
This free series provides tools that enable participants to live healthier lives. All will receive an easy-to-follow book that outlines day-to-day management techniques and positive approaches to difficult changes and a relaxation CD. Caregivers of persons with chronic illnesses can benefit from this course. Tuition for classes is paid by a grant from Nebraska Health and Human Services. Call 402-441-7575 to register.





### **Mind, Body, Spirit Day 2011**

Sat., May 21, 9 a.m. - 4:15 p.m.

SCC Continuing Education Center  
 301 S. 68th St. Place

This event lets you relax, refresh and renew your spirit with many fascinating topics. Learn in a comfortable environment. Sponsored by Aging Partners in collaboration with SCC-Lincoln and Roper & Sons. \$29 registration fee includes lunch and snacks. Inquire for respite care options.

- Complementary and Integrative Therapies
- Stress, Aging and the Brain
- Slow Medicine
- Energy Medicine & Body Mind Healing
- Adventures in Reincarnation
- A Celebration of Mysticism

### **Educational**

#### **Bob Ross Oil Painting Classes**

Paint along with certified instructor Donald R. Belik in this one-day painting class for painters of all abilities. Students will enjoy fun and sure-fire results. All materials and supplies are provided. Saturday class is from 9:30 a.m. to 3:30 p.m. at Lake Street Center, 2400 S. 11th St. \$50 fee per class.

- Sat., April 16 – Forest's Edge

#### **Free Senior Computer Education Classes**

Community Action Program  
 Computer Classroom  
 210 "O" St., lower level

Learn how to: Explore the Internet, send and receive e-mail and become an active participant in the computer age. Class size is limited to 14 students. Participants must meet income eligibility guidelines.

#### • **Class 1: Keyboarding**

Wed., April 13, 8 a.m. - noon

Learn the basics of computer typing and how to use the keyboard.

#### • **Class 2: Microsoft Windows XP**

Wed., April 27, 8 a.m. - noon

Introduction to Windows and the computer. Opening, closing, re-sizing and exploring Windows. Creating, saving, copying, deleting and moving files and folders.

#### • **Class 3: E-mail and the Internet**

Wed., May 11, 8 a.m. - noon

Learn how to search for information on the Internet, as well as how to set up and use an e-mail account.

#### **Lunch & Learn**

Calvert Recreation Center

4500 Stockwell St.

Lunch at 11:30 a.m.

Educational presentation  
 at 12:30 p.m.

Aging Partners is collaborating with UNL's Osher Lifelong Learning Institute (OLLI) to provide exceptional educational experiences. Call 402-472-6265 to register. A \$3 contribution is suggested.

#### • **"The American Diet and What It's Doing to Us"**

by Timothy P. Carr, Ph.D., UNL Nutrition and Health Sciences

Wed., April 27

The USDA has monitored our food supply for more than 100 years, providing us a view of what Americans eat. They may help us understand the obesity epidemic in the U.S. Also highlighted are the connections between the American diet and certain diseases. This presentation will focus on what we do and don't know about

diet-health relationships and how to apply that information to our daily lives.

#### • **"Woody Guthrie: Re-Envisioning 1930s America"**

by Mike Adams

and Kathryn Benzel

Wed., May 25

Woody Guthrie's songs embrace the pioneer spirit, a compassion for the underdog and the nature of American diversity. This program describes the American culture of the 1930s. Presented in cooperation with the Nebraska Humanities Council and OLLI.

#### • **"Reversing the Aging Process in the Brain"**

by Dr. Ryan Ernst, Neuropsychologist, Nebraska Comprehensive Health Care

Wed., June 22

This presentation will introduce neuroplasticity, the brain's ability to reorganize itself by forming new neural connections. The brain changes during the normal aging process. Dr. Ernst will share new and exciting examples and studies of positive brain plasticity. Also learn what you can do to improve brain function, help prevent illness.

*Continued on page 12.*

# Aging Partners News and Events

## Entertainment

### Northeast Lunch Club

- Sat., April 23  
Lunch at 11:30 a.m. Special musical treat at noon with Rich & Roni. \$3 suggested meal donation. Show ticket: \$4.
- Sat., May 14. Lunch at 11:30 a.m. and Blue Ribbon Bingo played at noon. Prizes donated from local businesses. \$3 suggested meal donation

### Northeast Supper Club

Thurs., June 2  
Supper at 5:30 p.m. at Northeast Center, show at 7 p.m. at Joyo theatre. \$3 suggested donation, show is \$5. Live from Mahoney State Park, the family friendly comedy melodrama "The Silent Treatment."

### Waverly Supper Club

- Tues., May 3  
Supper at 5:30 p.m.  
First United Methodist,  
14410 Folkestone Street,  
60-plus suggested contribution is \$3.  
Show: 6:30 p.m., tickets \$4  
Featuring: Tom Silverstrand. Tom can really make the harmonica sing. He has been making music since the age of 14 and is a member of the SPAH (Society for the Preservation of Harmonica.) He loves the music of the 50s, 60s and 70s. Make reservations by Fri., April 29.

### April, May & June Ballroom Dances

Auld Pavilion, 1650 Memorial Drive (Antelope Park)  
Tuesdays, 7 p.m. - 9 p.m.  
Admission \$4  
(April, May and June only)

Love to dance? We've got a deal for you. In addition to reduced admission in April, May and June, the April 12 and May 10 dances are free, thanks to Brentwood Estates and Aging Partners. Co-sponsored by Lincoln Parks & Recreation.

### Older Americans Month Events

*Help us celebrate with these special May events:*

- **Free Dance for Seniors**  
Tues., May 10, 7 p.m. - 9 p.m.  
Auld Pavilion, 1650 Memorial Dr. (Antelope Park)  
Featuring: Skylark  
Move to the music of Skylark, one of the sweetest sounding five-piece groups in Lincoln.
- **Annual All Center Picnic**  
Thurs., May 12, 10 a.m. to 1 p.m.  
Antelope Park Picnic Grounds (rain location-Auld Pavilion)  
Live music, outdoor games and grilled hot dogs with all the fixin's. Sign up at your nearest center. \$3 suggested contribution.
- **10 Point Pitch Tournament**  
Sat., May 14, 9 a.m. - noon  
Lincoln Bridge Club,  
237 S. 70th Street  
Refreshments and prizes. Space is limited. \$5 entry fee per person payable by May 9. Please register as teams or as singles.

### "A Senior Prom to Remember" featuring the Bobby Layne Orchestra

Wed., June 22, 6 p.m. - 9 p.m.  
Pla Mor Ballroom, 6600 West "O" St.  
Don't miss this annual hit! It's an evening of 'Prom' activities, including refreshments, door prizes and the best dance music anywhere. Tickets will be available beginning

May 1, at Butherus, Maser & Love Funeral Home, Aging Partners centers. Free. Major Sponsors: Butherus, Maser & Love Funeral Home, Aging Partners and Home Instead Senior Care.

### Dinner & Show Series

Cotner Center Condominiums  
1540 N. Cotner Blvd.  
(North 66th at Cotner & Holdrege)

- Dinner: 5:30 p.m.,  
Show: 6:30 p.m. \$8 for those 55-plus, \$9 for people under 55 (tax included). Van transportation: \$2. Show only tickets: \$4.

Reservations and cancellations are due by 10 a.m. on the Tuesday before the show. Payment is due prior to event. No refunds. Send payment to: Aging Partners, Attn: Dinner & Show, 1005 "O" St., Lincoln, NE 68508-3628. Sponsored by Butherus, Maser & Love Funeral Home, in cooperation with Cotner Center Condominiums.

- **The Lullaby of Broadway, featuring "Broadway" Bill Lord**  
Thurs., April 14  
Join "Broadway" Bill Lord as he performs all your favorites, including such hits as: "Some Enchanted Evening" from *South Pacific*; "Sunrise, Sunset" from *Fiddler on the Roof*; "You'll Never Walk Alone" from *Carousel*; "Climb Every Mountain" from *The Sound of Music*, and many more!



• **Favorite Songs: The Hits of Dennis Morgan, featuring Elaine Peacock & Ralph Johnson**  
Thurs., May 19

Dennis has written hit songs for the likes of Garth Brooks, Neil Diamond, Barbara Mandrell, Kenny Rogers, Ronnie Milsap, Charlie Pride, Tanya Tucker, Amy Grant, Rod Stewart, George Strait and dozens of others throughout the past 30 years. Join Elaine and Ralph as they play their favorite hits from the Dennis Morgan songbook.

**Day Trip Tours**

Join us for reasonably priced day trips featuring entertaining places and activities. A minimum of 20 riders is necessary to confirm these tours.

• **Homestead Days**

Sat., June 18  
Homestead National Monument, Beatrice  
Bus departs at 10 a.m. from Northeast Center and returns around 6:30 p.m. Celebrate “Homestead Days” at Beatrice’s most celebrated historical attraction. Craft demonstrations and food vendors are available throughout the day. Also, hear the “Nebraska Czech Brass Band” and the “Homestead Harmonizers.” See David Landis portray Sen. George Norris, known as the Father of the Homestead Monument, and traditional folk music by David Seay. All meals are on your own. Seating is limited. Reservations and payment are due by June 10. Cost: \$40 

**Nebraska Homestead Exemption Clinic**

Monday, Wednesday,  
Thursday and Friday;

April 1-June 3

Lincoln Downtown Center

Call 402-441-7070  
for an appointment

aging.lincoln.ne.gov



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# Relive History at Auld Pavilion

**W**ith a rich history dating back to the early 1900s, the Auld Pavilion in Antelope Park provides the perfect setting to enjoy a night of dancing.

The pavilion was named for William Thomas Auld, a banker who came to Lincoln in 1899 and founded City National Bank. He served as the bank's president until he sold his interests in 1912 and moved to Omaha.

"Clearly, he retained his affection for Lincoln," said Ed Zimmer, City of Lincoln Preservation Planner.

In 1915, Auld donated \$23,154 to purchase 16 acres of additional land for Antelope Park. He donated an additional \$10,000 in 1916 to assist with the construction of the pavilion and gateway.

The pavilion, designed by architects Berlinghof & Davis, and the entrance, designed by architects Fiske & Meginnis, were built by Lincoln builder Reese O. Stake. Ernst Herminghaus served as landscape architect.

Originally, the building did not have a heating system and was only operated from April through November.

Similar to its use today, the Auld Pavilion served as the site of numerous recreation programs. It also hosted 60 to 70 dances per season, including many rooftop dances. Unfortunately, due to structural concerns, rooftop dancing was eliminated in the late 1920s or early 1930s.




*Photos submitted by the Lincoln-Lancaster County Planning Department*

## Come Dance Again

Though you won't be able to dance under the stars, seniors have the opportunity to relive some of the pavilion's historic magic each Tuesday night from 7 to 9.

During the months of April, May and June, Aging Partners will be co-sponsoring the ballroom dances

with Lincoln Parks & Recreation and offering a reduced admission fee of only \$4. Thanks to Brentwood Estates and Aging Partners, the April 12 and May 10 dances will be hosted free of charge. 

## Who do you know that needs a Guardian Angel?

Our staff of professional caregivers are available a few hours a week, or 24-7. We provide assistance for seniors, wherever they call home. Personal care, companionship, meals, transportation and more. Call Guardian Angels to learn more about services offered.

**402.474.4000**

Guardian  
Angels  
Homecare, Inc.




# Create New Memories at the Senior Prom

**D**ust off your dancing shoes and iron your jacket, the time has arrived for this year's "A Senior Prom to Remember."

Stop by the Pla Mor Ballroom June 22 from 6 p.m. to 9 p.m. to enjoy refreshments, win a door prize and dance the night away to the tunes of the Bobby Layne Orchestra.

The event, free of charge, is co-sponsored by Butherus Maser & Love Funeral Home, Aging Partners and Home Instead Senior Care. Transportation to those without vehicles is available at no cost through Aging Partners senior centers.

Beginning May 1, tickets will be available at Butherus, Maser & Love and Aging Partners centers. 



Keeping seniors safe and independent...wherever they call home.

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Call us today for a personal tour.  
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## AGING PARTNERS

Serving Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties. 1005 "O" St., Lincoln, NE 68508-3628, 402-441-7070 or 800-247-0938  
aging.lincoln.ne.gov

Key for Services: ▲ = Lancaster only

## MISSION

Aging Partners plans, coordinates and advocates for older people in our eight-county area. Our mission is to enhance daily living, expand personal choices and educate the community in an effort to ensure the independence and full life of the people we serve.

## Being Well

### NUTRITION

- **Nutrition Consultation** - Older adults receive assessments, intervention planning, counseling, follow-up and coordination with other service providers. 402-441-7159
- **Meals** - Noon meals, selected evening meals with entertainment, special holiday meals and light menu choices are available at some centers. 402-441-7159

### HEALTH & FITNESS

- **Health Center** - Exercise classes, fitness equipment and certified personal trainers. ▲ 402-441-7575
- **Senior Health Promotion Center** - University of Nebraska-Medical Center and Aging Partners provide health screenings. ▲ 402-441-6687

- **Caregiver Support Services** - Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. 402-441-7575
- **Fit to Care** - Free tips from a registered dietician and certified personal trainer to help decrease the effects of chronic tension.
- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - Screenings include blood pressure, cholesterol, glucose, bone density and more.
- **Exercise** - At several locations; pilates, yoga, stretch and tone classes. Daily fitness programs on 5 CITY-TV, Channel 5. ▲
- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938
- **Widowed Person Service** - Support for people who are widowed. ▲ 402-441-7026

## Planning Ahead

### FINANCIAL

- 402-441-7070 or 800-247-0938
- **Financial Counseling** - Information on Medicare, private insurance policies, reverse mortgages and counseling.
  - **Legal Counseling** - Free legal advice and referral services for those who meet financial guidelines.
  - **Medicare & Medicaid Fraud** - Seeks to reduce waste and fraud in the Medicare and Medicaid programs.

### SENIORS FOUNDATION

The charitable foundation that plans, advocates for, and supports the programs and services of Aging Partners. To contribute or volunteer, call 402-441-6179 or visit seniorsfoundation.org.

## Staying Involved

### VOLUNTEER!

- **RSVP/Retired & Senior Volunteer Program** - Volunteer experiences for those ages 55+. Coordination between community needs and the talents of volunteers. ▲ 402-441-7026
- **Foster Grandparent Program** ▲ 402-441-7026
- **Long-Term Care Ombudsman** 402-441-7070
- **Senior Companion Program** 402-441-7026
- **Widowed Persons Service** ▲ 402-441-7026

### SENIOR CENTERS

Social events and activities, health and educational programs. Noon meals, selected evening meals with entertainment, special holiday meals, brown bag and shelf-stable meals for at home. Transportation to the centers is available for a fee. Six centers in Lincoln and five in Lancaster County. ▲ 402-441-7158

### EMPLOYMENT

- 402-441-7064 or 800-247-0938
- **OperationABLE** - Job searching for persons 50+. Works with employers who have job listings.







## Living at Home

### INDEPENDENT LIVING SUPPORT SERVICES

402-441-7070 or 800-247-0938

- **Care Management Services**
- **Lifeline Emergency Response System** - 24-hour emergency access at the press of a button.
- **Supportive Services Program** - Eligible older persons can receive assistance with the cost of in-home services and adult day care.
- **Caregiver Support Groups** - Discuss issues and problems of caregiving with other caregivers.
- **Senior Companion Program** - Home-bound older adults receive companionship.
- **Harvest Project** - Mental health and substance abuse services for older adults.
- **Home Handyman Service** - Minor home repairs and maintenance from mowing to leaky faucets, painting and broken light fixtures.  
▲ 402-441-7030
- **Subsidized and Independent Housing Resource Listings**

### LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

- **Long-Term Care Ombudsman** - Protects the rights of residents in long-term care facilities.
- **Senior Care Options** - Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.
- **Medicaid Waiver Services** - State funded in-home services for those who are Medicaid-eligible who choose to live at home or use community-based services.
- **Assisted Living and Nursing Facilities Resource Listings**

## Other Services

### INFORMATION AND REFERRAL

Provides help for older adults and their caregivers to resolve questions and concerns about aging. Services include referrals, counseling, social work and care management. Start here to determine alternatives, and arrange services in the Aging Partners service area.  
Call 402-441-7070 or 800-247-0938

### TRANSPORTATION

- **Ride within Lincoln to the Centers**  
▲ 402-441-7158
- **Lancaster County Public Rural Transit** - Scheduled transportation to and from Lincoln and rural Lancaster areas. Handicap accessible.  
▲ 402-441-7031
- **Other options in the community** - Listings available at 402-441-7070

### LIVING WELL MAGAZINE

402-441-6156

This free quarterly magazine features stories of interest to older adults and is mailed directly to their homes. To receive *Living Well* by e-mail instead of in the mail, call 402-441-6146 or e-mail dbaines@lincoln.ne.gov.

### LIVE AND LEARN

A monthly TV show for and about older adults on 5 CITY-TV, Channel 5 and video-on-demand at lincoln.ne.gov.

## MULTI-COUNTY PROGRAMS

- **Butler County Senior Services**  
Linda Vandenberg, 402-367-6131
- **Fillmore County Senior Services**  
Brenda Motis, 402-759-4922
- **Polk County Senior Services**  
Maureen Stearns, 402-764-8227
- **Saline Eldercare**  
Amy Hansen, 402-821-3330
- **Saunders County Senior Services**  
Donna Ehrenberg, 402-318-1471
- **Seward County Aging Services**  
Kathy Ruzicka, 402-761-3593
- **York County Aging Services**  
Lori Byers, 402-362-7626

## MULTI-COUNTY CARE MANAGEMENT

**All Counties: 800-247-0938**

**Aging Program Coordinator,  
Donna Mulder**

- **Butler County**  
Becky Romshek, 402-367-4537
- **Fillmore County**  
Rhonda Stokebrand, 402-759-4922
- **Polk County**  
Amy Theis, 402-747-5731
- **Saline County**  
Trudy Kubicek, 402-826-2463
- **Saunders County**  
Mary Dailey, 402-443-1097
- **Seward County:** 800-247-0938
- **York County**  
Nancy Hoblyn, 402-362-7626

## MULTI-COUNTY SENIOR CARE OPTIONS (SCO) & MEDICAID WAIVER

- Sue Kramer, Intake
- Avis Blase, Nancy Kohler & Wendy Hanshaw, Services Coordinators
- Ann Bussey, Sandy Oswald & Shirley Vickinovac, SCO Nurses  
800-247-0938

[aging.lincoln.ne.gov](http://aging.lincoln.ne.gov)

# Saving Seniors Money

A Jim Schueth Seminar



## 1. Prescription Drug Plans

- How do these plans work?
- It's easy to find the right plan!

## 2. Medicare Supplements

- What will the Plan F pay for?
- Comparing companies and rates?

## 3. Medicare Advantage Plans

- Come learn about this option!
- Copays and Coinsurance!

## Valentino's Buffet

2701 S. 70th Street, Lincoln

**Saturday, April 9th**

**Monday, May 9th**

**Monday, April 11th**

**Saturday, May 14th**

**9:00** a.m. Refreshments, pastry or fruit.

**9:30** a.m. Seminar starts.

**11:00** a.m. Seminar ends.

No RSVP, Bring a friend

## Listen, Learn, and Leave!

No names or phone numbers taken.

A sales representative will be present  
with information and applications.

Jim Schueth is a Nebraska Licensed Insurance Agent. Nebraska License Number AG130809

Jim Schueth, 4921 Deer Creek Circle, Lincoln, NE, 68516

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## Letter from the President

I am happy to provide this quarterly newsletter update. It is that time of the year when we get anxious for warmer weather and lots of sunshine. It's time to look forward to gardening catalogs, golfing, taking long walks without ice or snow and attending the Seniors Foundation Keystone Award Luncheon.



Keystone  
Award  
Luncheon

key·stone (n)

- 1) a central stone at the summit of an arch, locking the whole together.
- 2) the one of a number of associated parts that supports or holds together the others; the main part or principle

You are invited to attend the

2011 Seniors Foundation

*Keystone Award Luncheon*

Thursday, May 12, 2011

11:30 a.m. to 1 p.m. • Doors open at 11 a.m.

Honor Guard Presentation promptly at 11:30 a.m.

All will be seated prior to the Presentation

Please mark your calendar for Thursday, May 12, 11:30 a.m. to 1 p.m., so you can attend our Seniors Foundation Luncheon at the Lincoln Country Club. We will recognize those who have provided a lasting legacy enhancing the quality of life for older adults in our community. It's a wonderful feeling to recognize those who 'give back.' There will be great food, fun and recognition for seniors in our community. Evonne and Bill Williams will share their experiences from spearheading the Heartland Honor Flight to Washington, DC (see article on Evonne and Bill in this issue of *Living Well*.) The luncheon will be something you don't want to miss. Please complete the reservation form in this issue and send in your ticket order.

I also want to extend my appreciation to all the donors who have contributed to Seniors Foundation. Their financial support makes the difference in our ability to live up to our mission; to enrich the lives of older adults in our community. We encourage all of you to become donors. Check us out online at [www.seniorsfoundation.org](http://www.seniorsfoundation.org).

You can also find us on Facebook at [www.facebook.com](http://www.facebook.com) (type seniors foundation in the search box).

Let your friends and neighbors know about us by sharing this issue or our website address with them. See you at the Keystone Award Luncheon May 12!



Helen E. Griffin  
Seniors Foundation  
Board President



## Many thanks to our 2010 Seniors Foundation Contributors

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## 2011 Partners Campaign Supporters

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<b>SPONSOR</b> <b>\$1,000 - \$2,499</b> Legacy Retirement Communities NECO Security & Alarm Systems Diane Rolfsmeyer Bob Grundman - Senior Benefit Strategies	<div> <p><i>Look for Harold's continued story in the next issue...</i></p>  </div>			

## 2010 Lincoln Seniors Transportation Program Donors

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## 2010 Lincoln Seniors Transportation Program Donations In Memory of...

Sandra Strickland



*Join us for the  
2011 Seniors  
Foundation  
Keystone Award  
Luncheon.*

Complete and return  
your reservation and  
payment in the  
inserted envelope.

RSVP by  
May 1, 2011  
Seating is limited.



### 2011 Seniors Foundation Keystone Award Luncheon

NAME (S) \_\_\_\_\_

ORGANIZATION (If applicable) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

When purchasing multiple tickets, please list your guests on another sheet of paper and attach.

Please reserve \_\_\_\_\_ Seats @ \$25 = \$ \_\_\_\_\_

Please reserve \_\_\_\_\_ Table(s) of 10 @ \$250 = \$ \_\_\_\_\_

Please indicate number of persons for each entrée: ☐ Non-vegetarian ☐ Vegetarian

☐ Enclosed check payable to Seniors Foundation

☐ Charge my credit card: ☐ Visa ☐ Mastercard

CARD # \_\_\_\_\_ EXP. DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

☐ I cannot attend. Enclosed is my donation of \$ \_\_\_\_\_

## Letter from the Executive Director

The spring *Epoch Voice* is my favorite issue of the year! This is the issue where we recognize our supporters. The staff reviews the list many times, double checking for correct spelling and spacing on the page. We find ourselves sharing stories about these special people who have helped us so much. We see the donor that has given faithfully since the 90's; the dedication of a long-time volunteer; or the sharing of some funny incident that occurred at an event or during a meeting.

Proofreading this issue is just a joy. I find I have the same experience when I'm going through an old family photo album. I'm sure you've done the same. Smiling at a particular picture and saying, "do you remember the day we...." or "they always were there for us when...." Our donors are like family to us and we treasure each of them.

Donors hold a place of honor. These are people who recognize a need and step up to the plate to assist. They help our cause because they can see how important the services of Aging Partners are to older adults. They, or their loved one, may have been directly touched by the agency's services.

We owe them a tremendous amount of thanks! We also want to deserve their continued support. Seniors Foundation believes that the best way to stay high in our donors' esteem is to be forward looking. We must be sensitive to

the needs of today's older adult and also look to the needs of the next generation of seniors. We need to be part of the answer, assisting in problem solving.

This is the second year Harold's story has woven through the pages of this newsletter. Harold lives life with all its complexity, joys and sorrows. He is aging. These stories work through his needs and the ways in which Aging Partners is looking to the future to assist him in staying in his home as long as possible. Through Harold, we hope to keep this community in touch with the planning and the efforts that Seniors Foundation is making in order to be true to our mission: to enrich the lives of older adults in our community. We hope you have been following Harold through his experiences and you can look forward to seeing him throughout the year.

On May 12th, Seniors Foundation will be hosting our Keystone Award Luncheon. You will find the invitation information in this newsletter. It will be a wonderful opportunity to meet some of our supporters and to recognize people who make a difference in the lives of older adults. We hope that you will send in your ticket requests and join us for an inspiring presentation by Evonne and Bill Williams. You can read more about Evonne and Bill elsewhere in this issue. Seating is limited! Call soon to reserve your tickets.



Diane Rolfsmeyer,  
Executive Director,  
Seniors Foundation



1981-2011



of Lincoln & Lancaster County

1005 O Street

P.O. Box 81904

Lincoln, Nebraska 68501-1904

Phone: (402) 441-6179

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Donna Gill

David Lux

Mark Richardson

Coleen Seng

Muffy Vrana

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# Janet Hines Offers York Healthy Options

**J**anet Hines brings her dietary expertise to the team as the York County Aging Center's new activities and meal coordinator.

A certified dietary manager, Janet worked as a dietary cook in nursing homes 25 years before taking on her new role in York Jan. 3.

"I enjoy cooking and offering a healthy meal for others," she said. "It's all about having choices."

Janet will craft menus for the meals served at the York County Area Senior Center Wednesdays and Fridays, as well as for the leisure home's Tuesday and Thursday meals.

She also will coordinate the center's Wednesday activities, lining up musical groups, bingo and informative in-services on health and good eating. She also plans to bring in experts to lead discussions about such topics as nutrition and landscaping.

"I'm still learning and getting everything figured out, but I'm looking forward to connecting with everyone here," she said. "The interaction is the best part."

Janet and Faron, her husband of 31 years, have daughters, Rachel, 28, and Jade, 24; a 2-year-old grandson, Brock; and a granddaughter due in April. **Lw**



*Janet Hines, new activities and meal coordinator.*

# Bev Plihal Lends Her Craft to DeWitt

**T**he creativity of Manager Bev Plihal has been brightening the halls of the DeWitt Senior Center since Nov. 1.

Bev has a bachelor's degree in human services and family sciences from the University of Nebraska-Lincoln, and previously worked eight years as a social worker at Parkview Center Nursing Home and eight

years as director of the Mother to Mother program.

"I enjoy working with older adults because I love seeing them enjoy their friendships with the other participants at the center," she said. "DeWitt has a wonderful facility; it's bright and cheerful and has a very active volunteer base."

Bev enjoys sharing her love of crafting. She not only decorates the center each holiday, she also helps participants with fundraising craft projects. So far, participants have made and sold holiday wreaths and memorial crosses to benefit the center.

In the future, Bev hopes to acquire a computer for the center. This will not only help the center better stay in contact with Aging Partners and Saline County Eldercare, it also will allow participants the opportunity to use it themselves.

She plans to coordinate a BBQ, apple cider making event and card party with a neighboring town's senior group, as well as invite local individuals to share their talents and experiences during the Wednesday lunch.

Bev looks forward to continuing the center's strong tradition of playing an active role in community events, such as the annual children's Halloween party and Fourth of July parade.

"The seniors are a part of the community," she said. "Their input is important, and we want the community to know that."

Bev and Galen, her husband of 40 years, enjoy spending time with their daughter, Tammy, son-in-law, Paul, and grandchildren Logan and Delaney. Bev also enjoys spending time at the family lake home in Fremont, making quilts and sewing. **Lw**



*Bev Plihal serves as the DeWitt Senior Center's new manager.*



*Emily Greguras is the new Seward Aging Commission Assistant and volunteers at the Lied Senior Center to serve more than 200 people during the center's monthly Potato Bake.*

## Emily Greguras Brings Dedication to Seward

**E**mily Greguras is inspired by the commitment of the volunteers at Seward's Lied Senior Center.

"They are so dedicated," she said. "They understand the importance of having a senior center, of eating healthy and socializing."

Emily, who took on the role of Seward Aging Commission Assistant Oct. 1, previously served three years as director of the Seward Senior Center when it was housed in the Civic Center.

She has worked in the eldercare profession since 1992, serving in both short-term and long-term care facilities. She holds an associate degree in human services, with a specialization in psychology, and

is a certified nursing assistant and certified medication assistant.

Emily looks forward to building the center's volunteer base, integrating younger volunteers who are ready to take over for some of the older volunteers. In the spring, she also plans to coordinate group outings.

"I'm enjoying building relationships with the people here," she said. "I've always felt that it's my job to help them stay independent at home as long as they possibly can."

Emily has lived in the area for more than 30 years. She and Bill, her husband of eight years, have six children and nine grandchildren. **LW**



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## Plan for Your Future

**L**et Fillmore County Senior Services help you make a plan for the future. The group is co-sponsoring an event, "Planning Your Future...To the End," with Heritage Crossings in Geneva.

Beginning at 5:30 p.m., a panel of professionals will be available Wednesday, April 27, in the Heritage Crossings Community Room to answer questions important to your future planning.

Professionals and local members of the community will lead discussions on living wills and powers of attorney, funeral planning options, and health and financial information.

This family planning event, useful to both the young and old, is something you won't want to miss. There is no charge for this event and a light lunch will be provided.

Please pre-register by Friday, April 22, by contacting Brenda Motis at 402-759-4922 or [bmotis@lincoln.ne.gov](mailto:bmotis@lincoln.ne.gov). **LW**





*Dale Nichols painting of the farm near Schuyler where Ruth raised her six children.*

*Photo of Ruth Nichols with her uncle Dale Nichols in 1982*

## Ruth Nichols Carries on Family Tradition

### Early Brushes with Art & Fame

**R**uth grew up in a creative family. Father Floyd was a renowned sculptor of western art, knives and jewelry. He built a unique home for his family out of discarded highway concrete that still stands today. Uncle Dale was an American regionalist painter, and a contemporary of Thomas Hart Benton and Grant Wood. During her childhood, she saw her famous uncle on visits and was in awe of him as a dashing celebrity.

Before Ruth entered school, one of her favorite pursuits was making clay sculptures from her father's cast-off clay. She was thrilled when she entered first grade to make bunny rabbits with pink construction paper. She found herself fascinated playing with the bright pink scraps. Her teacher, however, took issue with her 'impertinence' and punished her so harshly she was afraid to pursue her love of art until high school.

In high school, she was given the opportunity to paint

downtown David City shop windows for Christmas. Her talent was recognized and soon she was asked to paint the high school assembly room and the windows of more local shops.

Ruth's art career was put on the back burner again as she started a family of six children. As those children became older and more independent, Ruth and other area mothers were searching for something they could do that was their own. They found an artist to take them on as students for \$1 each. Ruth moved through painting, charcoal, pastels and sculpture.

At this time, Ruth's Uncle Dale was living and working in Guatemala. They started a long correspondence and she came to know him not only as an artist, but as a teacher and an individual. Dale shared his knowledge and theories with her and supplemented it with books.

It was during this time that Dale invited Ruth to visit him in Guatemala. Her role as a farm

wife did not provide her with the resources for travel. It was the support of her Aunt Louise and her determination that made the trip possible. She gathered up all the paintings she had and sold them to raise the money.

During her time in Guatemala, she was thrilled to watch her Uncle Dale paint a portrait of her great-grandfather. Dale also gave her a painting of the farm outside Schuyler where she raised her children. They are among her most cherished gifts to this day.

Ruth's Uncle Dale lived on a world stage and stressed the importance of prestigious connections and fame to her. He used these and his charismatic personality with great success to promote his work. He also developed a style that is unmistakable. His work graced the cover of the *Saturday Evening Post*.



*The Jungle Room and Under the Sea Rooms in the Sunday school area of St. Luke's. Photos used by permission of St. Luke's United Methodist Church in David City, Neb.*



## Her Own Path

Ruth treasured the lessons, but has followed her heart. Her love of art and creativity has taken her down many paths and an eclectic combination of media. It is this love of creative expression and sharing it with others, especially children, that makes her blossom. She is very much a native of David City and comfortable in her own skin. Fame is not important to her. Her family and community have top billing.

One area of Ruth's work started nearly by accident. She was asked by one of the many area churches if she could restore 14 stations of the cross. She accepted the challenge and set about researching the original materials and how best to bring them back to their original glory.

The word of her success spread and soon a widening circle of churches asked her to restore statues and murals. Many of these were more than 100 years old. She became interested in the techniques

used in their creation. The oldest ones were made of horsehair and plaster of Paris. Later straw was incorporated, pieces of wood, steel bars and then hollow steel bars. On one occasion, she discovered a statue was supported inside with many tiny teddy bears coated in plaster.

Ruth once restored a holy water font which was in the figure of a life-size angel. Its head had been shattered when a child's curiosity toppled it. By painstakingly using the tiny fragments and her own sculpture skill, she had it ready to stand back at its rightful place for the next Sunday's service.

## Gifts to the Community

St. Luke's United Methodist Church in David City is celebrating its 100th anniversary in their current building at 620 D Street on Sunday, May 8. (The original building burned on Easter morning of 1910. Before the embers died down,

church members had already met to make plans to rebuild their church.) The celebration service is at 10:30 a.m. and is open to members and the public.

Several projects, including the Sunday school room project, were set in motion for the centennial celebration. Ruth donated her time and talents last summer to create the colorful murals that grace those rooms. Ruth also serves as the prop manager of the 25-member VIP (Very Important Puppet) Troupe.

*Continued on page 28.*

*Ruth's sculpture interpretation of the Old Woman in the Shoe*







*Left: Ruth's studio is a safe and creative haven for area students.*

*Below: Ruth teaches art to children at the Nichols Art Studio.*



## Ruth Nichols *continued...*

Pastor Mark confided that Ruth created a statuette of him behind the pulpit to commemorate his 25th anniversary at St. Luke's. He shared that many members of the community have been recipients of such creative and thoughtful gifts over the years.

### **A Passion for Children**

Since the 1970's, Ruth has been teaching art to children. She currently operates the Nichols Art Studio, located across Highway 15 from the David City Park. (In 1941, Ruth's father crafted the bas relief soldier and sailor that grace the entrance gate to the park.)

There she teaches art to elementary, junior and senior high school students. This past Valentine's Day, they bustled in, excited to get settled into their art projects. They were greeted by pink and white heart-shaped cookies and popcorn, which did not break their


focus on the day's artwork. These students were having fun and eager to share their ideas with each other. Ruth had patient and kind older students on hand to help this group of elementary students.

When asked what they liked about Ruth's art classes, out spilled, "We get to work on what we like." "We are not graded." "There aren't time limits."

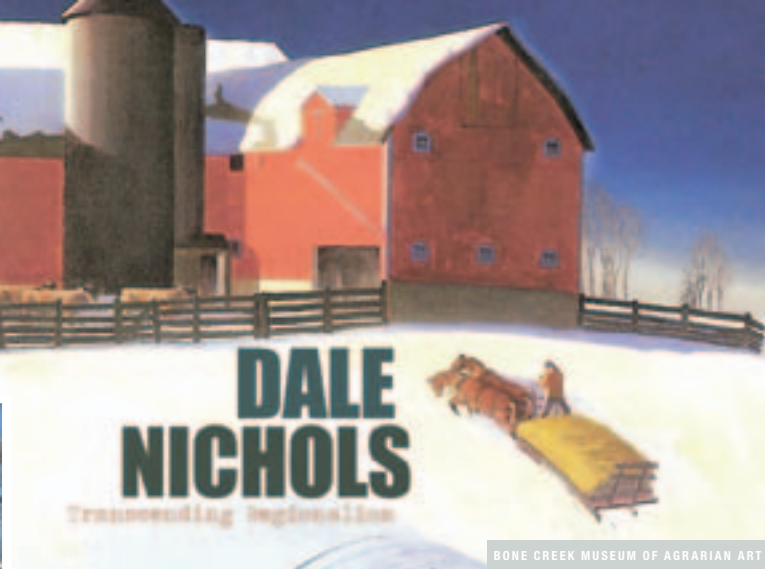
It was clear they enjoyed the freedom of expression at Ruth's studio. Ruth has worked in many media, so the children have many choices, including drawing, painting, pastels, markers, sculpture and more.

While they enjoyed 'not being graded,' they spoke of awards they had won for their work. They were eager to show their own work, but just as eager to point out the successes of their fellow students. They seemed secure in knowing that

Ruth would empower them to trust their own creative instincts and offer options for achieving their visions. This could be a gentle reminder of how to keep your clay all together, or which brush might work best, or a library of images from which to generate ideas.

As the young faces light up, so does Ruth's. She knows each child's preferences and strengths. She walks with them through their creative challenges and celebrates their triumphs. They are fortunate to have found each other. 






*"Dale Nichols: Transcending Regionalism" book cover.*

## Dale Nichols' Retrospective Comes to David City

**D**ale Nichols, American artist (1904-1995), became internationally famous for his Americana scenes of Midwestern homesteads with picturesque red barns and white snow during the regionalist art movement of the 1930s. "Dale Nichols: Transcending Regionalism" is the first book to examine his life and art.

This exhibition catalog presents a broad retrospective of the artist's work from his six-decade career. Paintings dating from 1935 to 1972 are brought together in this exhibition to widen the understanding of Nichols' breadth of artwork. The paintings throughout this book establish Nichols not only as the fourth regionalist in a line of great artists, but one who transcended the confines of the genre to achieve universal success in art.

"Dale Nichols: Transcending Regionalism" will be on view at Bone Creek Museum of Agrarian Art in David City, from May 20 through Nov. 18. Join the community for an opening reception, Saturday, May 28, from 1 p.m. - 4 p.m. The exhibition also will be presented at the Georgia Art Museum, Dec. 17, 2011 - Feb. 27, 2012, and Montgomery Museum of Fine Arts, March 17 - June 17, 2012. Visit [www.bonecreek.org](http://www.bonecreek.org) for more information about the exhibition or to order the exhibition catalog. 




*Floyd Nichols with collection of western figurines, 1940.*

## Floyd Nichols Explored Sculpture

**F**loyd Nichols also had a talent for art, but he left the paintbrushes to older brother Dale.

Interested in the art of metal and wood working, Floyd became well known for the personalized combat knives he crafted for servicemen during World War II. Each of the more than 1,200 knives he created featured the serviceman's name, service number and location stamped on the cross-guard, as well as his own signature on the pommel.

Floyd also used his attention to detail to bring to life his love of the western cowboy. With an acetylene welding torch and rod, he carefully created small figurines that depicted the life of a cowboy. 



*Floyd Nichols, Twelve Seconds Flat, 1938, approx. 1.5"h x 4" w, Private Collection*

## Life Changes, Life Lessons

*Part IV in the series “An Accidental Course in Caregiving”  
by Dr. Debra Mullen, Associate Dean, College of Education  
& Human Sciences, University of Nebraska–Lincoln.*

**E**ven though the wheelchair is positioned exactly where it should be, the brakes are in place and I am steadying the car door, I still hold my breath. He grasps the armrests of the chair and leans forward to rise. Muscles quiver as he struggles for balance and movement. I feel all of it—every inch of the concentration, pain and frustration he is experiencing. At last, he settles into the car seat and both of us take a deep breath.

“This is what I hate,” he says, “this damn helplessness.”

I guide the car toward another doctor’s appointment and silently agree with him. When did this happen? I ask myself. When did this tall, strong, athletic man lose 60 pounds and most of his muscle mass? When did I learn how to fasten his seat belt, fold the wheelchair and store it in the car in under a minute? How in the world can this man be the father who used to bale hay on Saturday and lead the church in prayer on Sunday?

When did I learn to say, “aortic insufficiency” as easily as “let’s have lunch?” Who are we now that I button his coat when just yesterday he buttoned mine?

### Silent Transformations

Developmental psychologists assert that each time we take on a new role our identities are changed. In the first half of life we welcome the changes. Spouse...parent...

professional...leader—all roles that shape how we see ourselves, who we socialize with, where we live and what we do with our time. The significance of these changes is often marked with ceremonies or celebrations. But for caretakers the changes are more subtle, less defined and certainly rarely celebrated. However, the result is still the same. No one blesses this new relationship with our elderly family member or showers us with gifts, but we are nonetheless, changed people.

For our elders, the aging process brings with it a new set of changes, many of them unplanned and unwelcome. The sense of self that seemed so optimistic and strong at 40 becomes a fading shadow at 80. Weddings are replaced by funerals, hospitalizations yield pinned bones,

not newborns. A simple illness that used to mean a day off from work can now be a life-ending event. As the circle of close friends grows smaller and adult children

remain focused on their own lives, the sense of purpose fades. Loss, not success, becomes an overarching theme. This explains why the National Institute of Mental Health notes that the greatest number of suicides occurs in the elderly and the risk of depression is high.

### Confronting Denial

The gap between what our loved one could do and can do widens

as many of our elders refuse to acknowledge this truth. Negotiating real versus perceived competency is one of the most challenging tasks caregivers face. I believe this is made profoundly difficult because as caregivers we are acknowledging that as our elders have lost capacity we have lost security. As my mother’s ability to care for herself diminished, my illusion that she could care for me declined as well. It was not a solitary journey for either one of us, it was an awkward, often difficult-to-accept change of roles.

Recently I encountered a colleague I hadn’t seen in years. He had taken up running and lost weight. I commented on his new appearance and he responded by saying, “but we’re still the same as we were, huh?”

Before I could stop myself I blurted out, “No, I’m not, not at all.” I didn’t know how to tell him that the person he knew before had been permanently changed. I had no idea how to explain what happened to me as I talked my mother into taking her medicine or how it felt to teach my Alzheimer’s stricken uncle to get into the car. My friend didn’t know that since our last meeting I had learned to calculate insulin doses and adjust blood thinners based on lab results.

Most of all, he didn’t know that while I looked the same, I was permanently changed. Expressing this to him was beyond the scope of our encounter, so I simply smiled and let the crowded hallway carry me away.





## Finding Peace in the Present

Later that evening, my sleepless mind drifted across the last six years. I searched for words that would adequately capture who I was, the events that changed me, and who I am now. Describing this process doesn't come easily. Before I became the one to button jackets, package medicine and make life-impacting decisions, I lived with the often unappreciated assurance that comes from knowing "the elders" still formed the circle of my life. Their wisdom, humor, advice and simple availability provided a loving default when I felt overwhelmed or afraid.

Then, I fell into being a caregiver. A broken hip, a fragile mind, a failing heart—those and so many other adventures reorganized my time and absorbed my life. I learned to live with greater awareness, to celebrate little victories and enjoy peaceful moments. Most of all, I learned that I am stronger, more resilient and more tenacious than I thought. I discovered that I can face my most profound fears and not be crushed in the process.

Six years ago, I would have described myself as a culmination of my professional accomplishments, friendships and family affiliations. I worried about nearly everything. Today I treasure the benefits of all that has happened. I am calmer, less inclined to react to a thoughtless statement or a difficult person. I am less interested in idle chatter. I know that all of this is temporary; people, jobs, appearance and status change. Most of all, I know that life is temporary and short. While I have stood by my loved ones as their time concluded, I have learned how to live. **Lw**

## Donna Washburn Honored

**A**ging Partners congratulates Donna Washburn, Caregiver Program, on being named the 2011 recipient of the Gerontology Alumni Award by the University of Nebraska Omaha's College of Public Affairs and Community Service.

Dr. Julie Masters, department chair of UNO's Department of Gerontology, said this recognition is given to a graduate of the program who has made a difference in the field of aging. Past recipients include Connie Benjamin, Chris Gillette, Steve Martin, and, in 2010, Arlis Smidt.

"Many thanks for all you do for older adults and their families in

Nebraska," Masters said. "Your good work is an inspiration to us all."

Donna, who received a bachelor's degree in family and consumer science from the University of Nebraska-Lincoln and a certificate in gerontology from UNO, said she is humbled by the committee's decision.

"I'm honored that they recognize the Aging Partners Caregiver

Program as a service that makes a difference in the lives of family caregivers," she said. "I would like to dedicate this award to the family caregivers."

Donna will be presented with the award during an April 12 luncheon on the UNO campus. **Lw**



*Donna Washburn*

## Caregiver Events

### Maintaining Independence

Carrie Budd, Physical Therapist

- April 14, Madonna Rehabilitation Hospital, 5401 South Street, Lincoln, 7 p.m.
- April 26, Saint Paul United Methodist Church, 1144 M Street, Room 145, Lincoln, 1:30 p.m.

### A Caregiver's Journey: What I wish I would have known

Elizabeth Howe, past caregiver

- May 12, Madonna Rehabilitation Hospital, 7 p.m.
- May 24, Saint Paul United Methodist Church 1:30 p.m.

### Running on Empty: Caregiver stress...and who's taking care of you?

Kimberly Griffith, Home Instead Senior Care

- June 9, Madonna Rehabilitation Hospital, 7 p.m.
- June 28, Saint Paul United Methodist Church, 1:30 p.m. **Lw**



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# Seniors Foundation Recognizes Service

**E**vonne and Bill Williams believe in helping others.

“There’s always something someone can do to help someone else,” Bill said. “A person just has to find their niche and assist other people.”

That philosophy stands behind the decision by Evonne and Bill to start the Nebraska chapter of the Honor Flight Network. They saw an article about volunteers in other states coordinating the effort and wanted to do their part for Nebraska’s heroes.

Honor Flight Network is a non-profit organization created solely to honor America’s World War II veteran heroes for all their sacrifices. The network transports WWII veterans—free of charge—to Washington, D.C., to visit and reflect at their memorial.

From 2008 to 2009, there were 1,500 World War veterans from 250

towns throughout Nebraska who thanked Evonne and Bill for helping make the dream of visiting the memorial a reality.

Seniors Foundation is bringing this spirit of helping others to their Keystone Award Luncheon.

A keystone is defined as one of a number of associated parts that supports or holds together the others.

The May 12 luncheon is aimed to recognize individuals or groups who have worked to support or enhance the lives of older adults in the community.

“Seniors are the foundation of our community,” said Diane Rolfsmeyer, Executive Director, Seniors Foundation. “It’s important to lift the people up who have enriched the lives of older adults.”

Bill and Evonne will serve as featured speakers at the inaugural Keystone Award Luncheon at the



*Evonne and Bill Williams, with WWII veteran Rich Lang, will be the featured speakers at the Seniors Foundation May 12 Keystone Award Luncheon.*

Country Club of Lincoln. The event is scheduled from 11:15 a.m. to 1 p.m. An honor guard presentation will take place promptly at 11:30 a.m., and all guests are asked to be seated prior to this presentation. **LW**

## Find Healthy Options at Mind, Body, Spirit Day

**M**ind, Body, Spirit Day, May 21 at Southeast Community College, offers a wealth of information about complementary and alternative treatments; the relationship between mind, body and spirit; and innovations in health care.

“We want to give people information so they can make wise choices and understand their healthcare options,” said Peggy Apthorpe, Aging Partners Health and Fitness.

Excited about this year’s lineup of speakers, Peggy said the event promises to be stimulating, informative and refreshing.

Dick Dienstbier, an emeritus professor of psychology at UNL,

is one of the event’s six featured speakers and will present the topic “Keeping Our Brains Healthy.”

Dick will lead a discussion on the importance of maintaining mental activity and how physical exercise can help preserve mental abilities, and build the brain.

Other programs offered at Mind, Body, Spirit Day include: Complementary and Integrative Therapies, Slow Medicine, Energy Medicine, Adventures in Reincarnation, and A Celebration of Mysticism.

The event is sponsored by Aging Partners, Roper & Sons, SCC and the University of Nebraska-Lincoln’s Osher Lifelong Learning Institute.

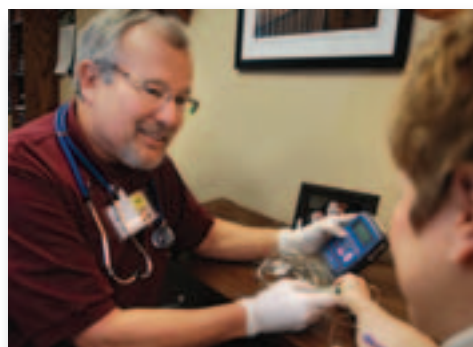


*Dick Dienstbier, an emeritus professor of psychology at UNL, will speak about keeping your brain active and healthy.*

The pre-registration deadline for the event is May 13. For more information, contact Nancy Holman at 402-437-2712. **LW**

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# Assistance Keeps Robert Katz Safe at Home

At the age of 93, Robert Katz's knees aren't what they used to be, making it difficult for the retired University of Nebraska-Lincoln physics professor to move throughout his home.

But thanks to a little help from Home Handyman and Safe Homes for Seniors, Robert feels confident that his home is a safe haven.

## Home Handyman Program

Hand rails line the hallways of Robert's home, helping him navigate safely from room to room. Grips and grab bars in the shower make bathing an easier task.

Wooden stools in the kitchen swivel smoothly and securely, and the rocking chair Robert enjoys reading in has a bath mat tucked underneath it to prevent the chair from slipping backward as he sits down.

Each of these projects attest to handyman Bill Petska's attention to detail as he works to make homes safe and comfortable.

"Without knees that work, you have to have a lot of help," Robert said. "Bill is a wonderful man who is very skilled at what he does. Everything he touches turns out beautifully."

Bill, a Home Handyman of two years, said he and Robert hit it off when they met about one year ago. He enjoys helping Robert take care of projects around his home and goes out of his way to remedy such potential hazards as loose doorknobs, unsecured railings and extension cords running across the floor.

"I didn't realize how much I would enjoy doing this," Bill said. "It gives me great satisfaction to help. It's really refreshing to sit and talk with him."

## Safe Homes for Seniors

It's not easy for Robert to leave his home and run errands. When he learned of Safe Homes for Seniors, he jumped at the chance to have assistance in removing hazardous waste from his home.




*With the help of Home Handyman and Safe Homes for Seniors, Robert Katz's home is a safe and comfortable retreat.*

Safe Homes for Seniors works to eliminate the risk of compromised air quality due to the unsafe storage of such hazardous materials as cleaning solvents, pesticides, automotive fluids and lawn and garden chemicals.

"Older adults often have a lifetime accumulation of these products and spend a lot of time indoors," said Dan King, Household Hazardous Waste Coordinator with the City of Lincoln-Lancaster County Health Department. "This project is a way for them to ensure their indoor environment is safe."

Dan and Jerry Cunning, a specially trained handyman visited Robert's home to assess the situation. After several hours of sorting, two pickup trucks were loaded with hazardous waste ready to be properly recycled or disposed of.

"Everything they did made my home safer and more livable," Robert said. "I really benefited, and I hope other people take advantage of the program and support it." 

*Editor's note: As this edition was going to press, Dr. Robert Katz passed away peacefully at home with family. Our condolences go to the Katz family.*



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# Quick Actions Save a Life

When driver Dell Spier arrived in front of the south Lincoln bungalow the morning of Jan. 26, he immediately knew something was amiss. Usually, 81-year-old Betty Howell was ready to go and waiting for the van that transported her to the Downtown Center.

"Normally she's looking for me, but that day she wasn't," he said.

Dell immediately notified Transportation Dispatch Coordinator Larry Starr, who recognized right away that something was wrong.

"When Betty says she's going, she's there and ready to go," Larry said. "If she doesn't show up, there's a problem."

Dell parked the van and got out to investigate. When he knocked on the door, he could faintly hear Betty calling for help. Unable to gain entry, Dell kept Betty company through the door while Larry notified 911.

"It made me feel kind of helpless, because I couldn't do anything," Dell said.

Emergency personnel were able to gain access and found Betty lying on the living room floor.

At 10:30 p.m. the night before, while fixing a bedtime snack, Betty's legs went out from under her. Unable to pull herself upright or reach the phone, Betty decided her only hope was to drag herself across her kitchen, dining room and living room to the front door. She lay there for more than 10 hours, praying the driver from Aging Partners would recognize something was wrong and investigate.


"I never would have made it if Dell hadn't checked on me," she said.

Paramedics determined that Betty, a diabetic, experienced weakness from low blood sugar. Her cold night's stay on the floor had also earned her a bout of bronchitis.

Not wanting to repeat the experience, Betty called Aging Partners Lifeline. She now wears a Lifeline, an easy-to-use personal emergency response system. At the press of a button, Betty can immediately summon help.

"The incident was a wake-up call," she said. "I knew I needed to be protected."

Betty now feels more safe and comfortable in her own home than ever before. She views the Lifeline as a necessary layer of protection and encourages others to follow her example.

"I don't want anyone else to have to learn the hard way," she said. "People who live alone or have health problems should get a Lifeline." 

## Lifeline Offers Added Security

Although stories like Betty's are all too common, you can avoid being a statistic.

According to Carol Meyerhoff, Lifeline program coordinator, falls are the most common reason people need to leave their own homes for assisted living.

"A lot of times, people wait until after a fall to get a Lifeline," she said. "But a fall can happen anytime to anyone. An Aging Partners Lifeline can add a feeling of safety and well-being."

The Lifeline is a personal emergency response system that allows older adults to summon help simply by pressing a button. It can either be worn as a necklace or bracelet.

For an additional fee, AutoAlert, a new fall detection technology can be added. If the wearer falls and doesn't right themselves within 30 seconds, help is automatically summoned.

"Lifeline is an added layer of protection not only for older adults, but for their family members, too," Carol said.



*Thanks to her Lifeline, Betty Howell will be able to summon help at the push of a button.*

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# Homestead Exemption: Do You Qualify?

**E**ach year, the Nebraska Homestead Exemption makes it possible for older adults to hold on to one of their most valued possessions—their homes.

Those who meet eligibility requirements based on age, income and value of the homestead, may receive exemption of some, or all, of their property taxes.


Homeowners must be age 65 and older by Jan. 1, 2011, with an income below \$31,800 for an individual or \$37,400 for a couple, and must occupy their home from Jan. 1 through Aug. 15 each year.

If close to meeting the income eligibility guidelines, Houston Doan, Insurance and Financial Counselor, encourages older adults to take time to fill out the paperwork.

Homestead Exemption is based on an adjusted income amount that allows older adults to deduct expenses, such as out of town medical transportation; medical insurance, including Medicare Part B premiums; and long-term care insurance premiums.

The exemption must be filed for between Feb. 2 and June 30. Applications can be found at the

County Assessor's office or online at [www.revenue.ne.gov/tax/current/fill-in/f\\_458.pdf](http://www.revenue.ne.gov/tax/current/fill-in/f_458.pdf).

Aging Partners offers assistance filling out Homestead Exemption forms. Beginning April 1, volunteers will be available every Monday, Wednesday, Thursday and Friday through June 3 at the Lincoln Downtown Center. For an appointment call 402-441-7070. 



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A Special invitation to the 57,200 and counting, 60-plus adults, their families and caregivers residing in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward, and York counties in Nebraska.

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